

## Inside

Security receives new explosives dog  
pg. 3

The wall of honor  
pg. 4

NAF dependent nominated for acting  
pg. 5

Khakis win softball tournament  
pg. 9

NAF family pays tribute to former President  
pg. 10



Flying Fish are at it again  
pg. 9

These stories and more  
Plus:



CDR Hayes says good-bye pg.9



Base runners participate in 26.2-mile marathon pg. 11

## Memorial Day downtown El Centro



Photos By: JO1 Carmichael Yopez

## Padres Salute Veterans on Memorial Day

By JOC (SW/FMF) S.A. Thornbloom  
Public Affairs Center San Diego

SAN DIEGO, (May 31, 2004) – The "Team of the Military" became the team for veterans on Memorial Day when the San Diego Padres recognized 10 former World War II service members from the San Diego chapter of Pearl Harbor Survivors and remembered all military veterans who have fought in America's wars and conflicts.



Photo By: JOC (SW/FMF) S.A. Thornbloom

Under a beautiful warm Pearl Harbor Survivor Allen Bodenlos waves to the crowd after being introduced in pre-game ceremonies before a Major League Baseball game between the San Diego Padres and Colorado Rockies at Petco Park in San Diego on Memorial Day.

Southern California sunset, the Padres saluted America's veterans and remembered those who gave their lives in the ultimate sacrifice to their country during the pre-game ceremonies against the Colorado Rockies at Petco Park.

"It's wonderful to be part of the ceremony here today," said Lucille Tubbs, 81, from San Diego, who was dressed in the same Army Air Corps nurse's uniform she wore in World War II. Tubbs, assigned to a U.S. Army Air Corps fighter base in

*Continued on pg. 2*

## Navy Ball Committee swings back into action

By NC1 Pamela Jensen  
Command Career Counselor

The Navy Ball 2004 committee has begun raising money to supplement expenses for the annual Navy Birthday Ball in October. Every dollar raised now will result in a

reduced ticket cost to attend the Ball. A variety of events are currently planned — if you have an idea, please share it with us!!

Wednesdays are the designated days for fundraisers. Events include lumpia and carne asada lunches, Krispy Kreme doughnut sales, car washes, dunk

*Continued on pg. 2*



Photo By: JO1 Carmichael Yopez

CMDCM (SW) Brian Bowman hits the bullseye sinking CDR Daniel Denison at the dunk tank.



# Padres Salute Veterans on Memorial Day

*Continued from pg. 1*

Periyatin, Russia, in 1944, said it was also sad remembering the service people who died in the war and the many friends she has lost since her service in World War II. But, she also said that although it's more important to remember those who have gone before us, it is just as important to remember the service people fighting today in Iraq and Afghanistan.

"Just as we were recognized for our service in World War II when we returned, we need to recognize those serving today when they come home," said Tubbs, she was one of the 19 veterans and reenactment actors attending the pre-game ceremony.

The San Diego Veterans Museum and Memorial Center, located in the former Navy Chapel at the old Navy Hospital across from Balboa Park, made arrangements to have two representatives for each of American wars carry out flags onto the field as part of the festivities. The center was able to find veterans from World War II, the Korean Conflict, Vietnam War, Desert Storm, Operation Enduring Freedom and Operation Iraqi Freedom to line up behind

the pitcher's mound during the ceremony.

The Padres have been holding a Military Appreciation Day since 1996, usually at the beginning of each season. However, Memorial Day is an opportunity to salute and remember veterans who made the ultimate sacrifice to the service of America.

Petco Park is the Padres' new downtown ball field placing it closer to the numerous ships homeported at the 32nd Street Naval Base and to the Marine Corps Recruit Depot. It brought back memories of the old Navy ball field that stood almost in the same location in the early 1900s. The Padres made the remembrance more special by honoring 10 Pearl Harbor survivors in a special pre-game salute. The veterans are members of the San Diego Chapter of Pearl Harbor Survivors. They were greeted with a standing ovation and a rousing cheer as each of the 10 survivors stood on the first base line and were introduced to the more than 40,000 fans in the stands.

Desert Storm veterans Marine Staff Sgt. Stephen Giove, 40, of Hollywood, Fl., and Marine Sgt. Andrew Jones, 30, from Pittsburgh, Pa., represented the first war with Iraq. They summed up the evening on what Memorial



Veterans and reenactment actors wait before participating pre-game ceremonies before a game between Major League Baseball's San Diego Padres and Colorado Rockies on Memorial Day.

Day meant to them.

"Being part of this was an honor to be on the same field with the other veterans especially the Pearl Harbor survivors," said Giove, who is attending Marine Recruiter School at the Marine Corps Recruit Depot here along

with Jones.

"Memorial Day is important to remember how lucky we are to have the rights and freedoms that we have. Every American should be reminded of the people who have fought over the years and sacrificed for those freedoms."



Above left, ABFC (AW) Jose Butor puts the finishing touches during the Navy Ball car wash fund raiser. Right, Executive Officer, CDR Daniel Denison is forced to cool off as he is dunked by Command Master Chief Bowman.

## Navy Ball Committee

*Continued from pg. 1*

tank splashes, a bowlathon and a golf tournament in July. During swim meets we will be at the big pool selling hot dogs, sodas, water, snow cones and more! You may even see us at the Freedom Fest! Schedule of events in July:

- 7: Car wash
- 8: Golf tournament
- 13: Swim meet
- 14: Dunk tank
- 20: Swim meet

21: Carne Asada lunch

28: Car wash

Look for e-mails, flyers and the base marquee for events. We are always looking for volunteers to help out. Let's make this Navy Ball El Centro's best ever.

*The Sandpaper* is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

### Editorial

#### Public Affairs Officer

LT David Rodriguez

#### Sandpaper Publisher/Editor

JO1 Carmichael Yopez

CAPT Paul M. Ziegler

CO

CDR Daniel Denison

XO

CMDCM (SW) Brian Bowman

CMC

### Contributing Writers

CDR Peter Hayes  
JOC (SW/FMF) S.A. Thornbloom  
NC1 Pamela Jensen  
YN1 Michael Martin  
MA1 (FMF) Jeffrey Stephens  
ABF2 Robert Chiaravallotti  
RP2 (SW) Leslie Williams  
JO3 T. M. Cambell  
Andre Turner







# NAF Daughter selected as top sports athlete

By **RP2 (SW) Leslie Williams**  
Chaplain's office

Jasmin Anderson, an 11th grader at Southwest High School, was recently selected as a Finalist to represent California, for the Starter All-American Teen. The event is sponsored by Sports Illustrated.

Each Nominee was selected on athletic and academic accomplishments,

community service and leadership skills.

Jasmin plays Varsity basketball (Forward and Guard) and participates in track and field events, Discus and Shot Put for Southwest.

She was the only student to qualify for the California Interscholastic Federation (CIF) in the Shot Put and Discus throw for her school.

Her biography will appear in the June edition of Sports Illustrated magazine. The article will also be posted on the internet at [si.com/all American teen](http://si.com/all American teen).

Jasmin will graduate from Southwest in June 2005.

Jasmin, I wish you much continued success.



Photo provided By: RP2 Leslie Williams

Jasmin is one of four daughters to Religious Program Specialist Petty Officer 2nd Class, Leslie Williams.

## KHAKIS win Captain's Cup Softball Championship

By **Andre Turner**  
MAAR

Game one started out right for KHAKIS as they won the coin toss and chose to be the home team. KHAKIS would have to beat the top seeded CONS team twice to win the championship.

Ready for the task, KHAKIS held CONS to one run with an in-the-park home run by Joe Conner from a fielding error. That would be the last big mistake for KHAKIS, as they put up

six runs in the first inning. KHAKIS leading 6 - 1. David Duarte from CONS added a little help with his league leading fifth homer for the season. KHAKIS were in the drivers seat going into the seventh inning with a 12 - 7 lead. CONS needed five runs to tie and try and get the game into extra innings. CONS made a great run at it but came up short. As KHAKIS held off the late charge of CONS to win 12 - 11.

In game two KHAKIS put on a clinic called, "if you throw it around, make

them pay." CONS made a couple of changes in the field and KHAKIS exposed them.

Leading the charge was Steve Vanzant as he got the party started with a two run dinger. Controlling the game for the KHAKIS was the knuckle ball pitcher CMDCM Brian Bowman. As the wind picked up in the game his pitches became harder to hit for the CONS batters. With good pitching by KHAKIS and a multitude of throwing errors by CONS, KHAKIS did the impossible and beat



Photo By: Tayauana Kickman  
The Khakis softball team celebrated their victory at the small pool as part of a hail and farewell.

the defending champs twice to be crowned 2004 Captain's Cup Softball Champions.

Captain Cup Standings	
1. KHAKIS	12pts.
1. SFMU	12pts.
3. CONS	9.5pts
4. BOS	2.5pts.
5. WEAOPS	1pt.

Photo By: JO1 Carmichael Yopez



Congratulations to Julie Suamatia who was this year's winner of the Second Annual Commissary Cook Off. Mrs. Suamatia won a \$50 gift certificate at the commissary for her Kaluha Pork entry. Above, Commissary employees sample the different recipes entered in the contest.

## Security Department welcomes new dog

By **MA1 (FMF) Jeffrey Stephens**  
Security Department

The Security Department received a new Military Working Dog (MWD). Katya is a Belgian Malinois and is 2-years old. She arrived in May. Katya is a recent graduate of Lackland Air Force Base Military Working Dog Academy in San Antonio, Texas. She's trained for patrol duties and detection of Improvised Explosive Devices. She will be a welcomed addition to the Security Department. We are looking forward to her advances as she learns and grows with the department.



Official Navy photo



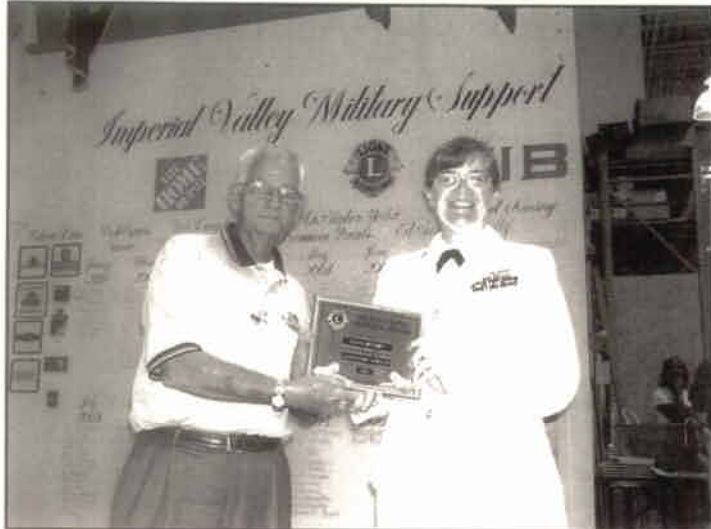
# Home Depot's Wall of Honor

## *Instilling pride in the community*

By JO1 Carmichael Yepez  
Editor

Appreciation for freedom!  
"What can we do to show our troops we appreciate what they do for the freedom of our country" is

a phrase that is becoming more common in the Imperial Valley. From the El Centro Elks Lodge to the Navy League and many other organizations in the Imperial Valley, they are coming forward



Photos By: LT David Rodriguez

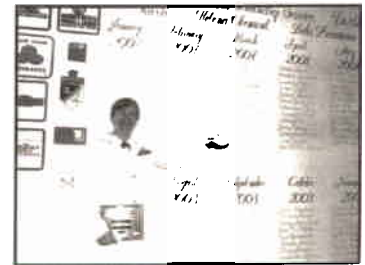
Top photo, Chief Swansey shows some of the work she's done at Home Depot's Wall of Honor. Above Chief Swansey is presented with a plaque. Chief Swansey is one of the volunteers who writes the names on the wall.

showing their support for their troops.

Last month, the Holtville Athletic Club cooked and sent 1000 lbs of ribs to troops in Iraq. Each year the Elks Lodge and Navy League donate turkeys to Sailors and their families during the holidays, and now the El Centro Lions Club, Home Depot and other local businesses have joined together to recognize new recruits from the valley joining the forces today.

Together they created the Wall of Honor, which is located inside Home Depot in El Centro. Members from the Lions Club said it was a way to show our local military members we appreciate what they do for us. In addition the Lions Club has created an educational program to help new recruits score better in the Armed Services Vocational Aptitude Battery (ASVAB).

"As of May, 135 names have been added to the wall," said ETC Dianna Swansey from NAF El



Centro's Operations Department, who volunteers a few evenings a week writing the names on the wall.

"I like being involved in the community," said Swansey. "When I heard they were looking for a volunteer with some calligraphy experience, I thought this was something I could do especially if it was in the evenings or on the weekends."

On Friday June 4, Swansey received a Letter of Appreciation for her involvement in the Wall of Honor.

"I think this is a great idea. It instills pride in the community," said Swansey. "When I'm working on the wall, I sometimes have people come up to me and tell me they know someone whose name is on the wall. It makes them feel proud especially when they are the family and friends."

## Sea Cadets keep busy

By ABF2 (AW) Robert Chiaravallotti  
Sea Cadet Instructor

On Saturday May 8, the weekend following the Flagship Competition at Port Hueneme, CA, the NAF El Centro's Sea Cadets, the Desert Eagles headed to San Diego for a tour of the USS John C. Stennis (CVN-74).

The Cadets were awe struck as they peered upwards at the size of the Aircraft Carrier.

The Crew of the Stennis gave us a tour starting at the bridge then the galley and everything in between. "I especially enjoyed the tour of the medical facilities. It's just like a real hospital," said 16-year-old Cadet Nancy Cruz, who also volunteers at local hospitals.

Overall the bridge and flight deck was among the favorites for the Cadets. They all had fun and learned a lot.

Two weeks later, the Cadet's parent-cadet "Fun Day" took place. It was a smashing success thanks to the Chief Petty Officer



Photo By: JO1 Carmichael Yepez

Sea Cadet Instructor Martina Alaniz stands with the members of the El Centro Sea Cadet Unit, the Desert Eagles during the 2004 NAF El Centro Air Show.

Association at NAF, who donated \$50.00 for the event.

Cadets and parents participated in events that included playing combat soccer, wally ball, swimming and an all you can eat BBQ.

On the weekend of June 5, the Cadets took part in a weapons brief presented by MA1 Thomas Streeter of the Security Department. The Cadets are preparing to earn their marksmanship ribbon on the 9mm pistol.



Photo By: JO1 Carmichael Yepez

## LTJG, Not Anymore

Congratulations to NAF El Centro's Supply Officer, LT Ignatius (Karl) Hickman, who was promoted to LT on Tuesday June 1 at a small ceremony in the Supply office.

His wife Leslie pinned on his new bar.





## “And the Oscar Goes To....”

By YN1 Michael Martin  
Admin

June 2, 2004 was a very special night for Elisha Ellsworth, daughter of YN1 Michael and Shannon Martin. A student at Southwest High School's Southwest Academy for the Visual and Performing Arts (SAVAPA) Academy, Elisha was named the SAVAPA Theater program's 2003-2004 “Superstar” performer.

It is a dance, music and theater program for academically and artistically gifted students. The students carry a full class schedule, and spend another 2 periods per day in their chosen concentration. It is a challenging,

yet highly rewarding, curriculum.

The “Superstar” award is the equivalent of a Best Actress Academy Award and is quite an achievement, considering this is Elisha's first year in the program. Normally a very quiet and soft-spoken young lady, she comes alive on-stage and projects an incredible presence that immediately puts her center stage.

Kelly Newhouse, the SAVAPA Theater Director, lauded Elisha as a tremendous talent, a terrific student and for always doing the little things that need to be done to get a production off the ground. Elisha has appeared in or worked backstage on such productions as



Photo By: YN1 Michael Martin

“Help Wanted”, “Singing in the Rain”, “Fame”, “Saturday Night Fever”, “Crazy for You”, “You Can't Take it with You”, “Cats” and “The Seussical.”

Elisha is an amazing talent on stage and back stage who truly epitomizes the word “Superstar.”

## Welcome Aboard!



Welcome Aboard to NAF's new Gunner LTJG Curtis Haug. He is coming from VFA-2 in Lemoore, CA. Colin Bell is NAF's new Fire Chief, arriving from Rota, Spain.



## Sailor Advocacy, the Detailer and You



By NC1 Pamela Jensen  
Command Career Counselor

Sailor advocacy is not a new concept in the Navy.... but it is an important concept that bears repeating. The concept is important in that the detailer represents you in the negotiation of your next assignment. The detailer does that by helping to find the best-fit job for you that takes into account your personal desires, career needs, and Navy needs. These three areas become the points of the “detailing triangle.”

The goal of the negotiations is to find middle ground that best complies with all three points of the triangle. While the detailer is working hard to comply with your personal desires, they must take into account the mission of the Navy and your professional development. Remember BUPERS motto is “Mission First, Sailor Always!”

A common theme in phone conversations from the Fleet is a mismatch between Sailor expectations and what the detailer can deliver. Team detailing uses the Command Retention Team to

help develop Sailor's expectations, keeping in mind their personal desires, career needs, and Navy needs. When a member is within 13 months of his/her projected rotation date (PRD), the member and a retention team member starts looking at JASS to see what kinds of jobs are being displayed. JASS represents the needs of the Navy and are listed in priority order for all to see. Keep checking JASS and make sure that your Team Detailing worksheet is entered into the system for detailer and ECM to review. Often one or both will comment on the entry advising the Sailor of options to consider. The member can then apply on JASS between the six to nine month point. If the member has not been written to a job by the seven-month point, a message will be sent to remind them to make an application. If not written to a job by their six-month point, they will be written to the highest priority requisition regardless of their desires. It is not the detailer's goal to do this to individuals, but rather to work with Sailors to find the best-fit jobs that supports all points

of the “detailing triangle.”

Another point to consider when filling out the Team Detailing worksheet and preparing for your next tour is that choosing your duty stations does more than decide where you will spend the next few years of your life, it plays a huge part in determining the success of your career. Maintaining your sea/shore rotation is instrumental in being competitive for advancement to chief petty officer and for selection to special programs. Additionally, during a 20-year career you should expect to spend at least one tour overseas and during a 30-year career you should expect to spend at least two tours overseas.

Competitively, Type six (preferred shore) duty shows a willingness to go overseas and do the hard shore job just as Type four duty (ships homeported overseas) is the most arduous sea duty. Just going to these locations will not guarantee you advancement, but sustained superior performance at the most difficult jobs makes you significantly more competitive. Detailers can advise you of your

opportunities overseas prior to you entering your six to nine month window. An overseas assignment is not only career building but provides families an ability to see the world.

Competition over the next few years will become stiffer as the Navy becomes more effective and efficient. There is still lots of room for career-minded Sailors. Set goals early in your career and work toward them, work at least one paygrade above where you currently are now to show your supervisors that you are ready for the next move. It's up to you to make the most of your career.

## Vet services

By MA1 (FMF) Jeffrey Stephens  
Security Department

Until further notice, there will be no veterinarian services available for pets. Over the next few months Yuma, Veterinarian Clinic is undergoing some changes to include a new Veterinarian. As soon as Veterinarian services resume, we will make an announcement for appointments to commence. If you have any questions call the Security Department at 339-2525



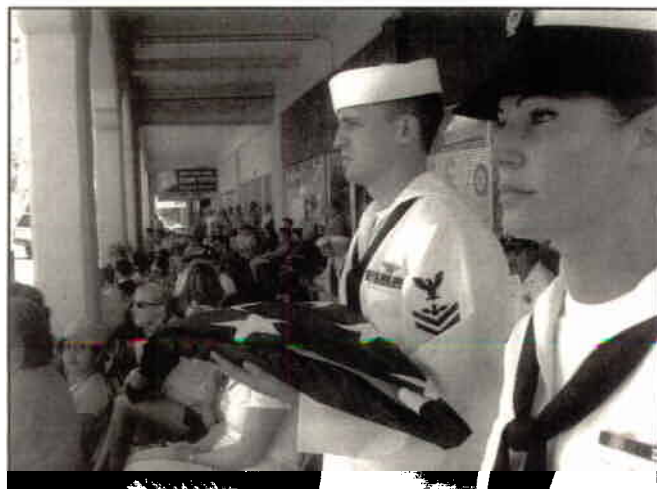
# Elks Lodge Memorial Day Ceremony



With tears of pride is the only way to describe the Memorial Day Ceremony held in downtown El Centro on Monday May 31.

"United we Stand" was the theme for this year's celebration where veterans of different wars as well as family members from

By  
JO1 Carmichael Yopez







recent war casualties in Iraq were present as honored guests.

"United we will prevail, Honor and remember those sons and

daughters of America, who we have lost, but preserve their memory for future generations," said Keynote Speaker,

Commanding Officer CAPT Paul Ziegler. "We owe it to those who have sacrificed throughout our history to gain and preserve our

freedoms and the generation of Americans to follow to stand united against terrorism and those who would employ such activity.





# MWR's Burrito Stop receives two thumbs up

By JO1 Carmichael Yopez

Editor

MWR's new Burrito Stop sold out the first day of operation on Thursday June 3.

According to MWR Director, Jack Lewis, MWR was constantly receiving requests for a place where people could grab something fast to eat in the morning.

"We responded with the Burrito Stop," said Lewis. "Now Sailors and civilians have a place to stop and grab something to eat before going to work or after a morning workout."

"Let me have five more," said Curtis Brown a worker with Northrop Grumman temporarily working at NAF. "These things are goood."

"I give the burritos two thumbs up," said Executive Officer, CDR Daniel Denison after doing what he called a quality assurance check on a machaca burrito on opening day.

On Thursday June 10, a



Photos By: JO1 Carmichael Yopez



ribbon cutting ceremony was held to inaugurate the Burrito Stop. For those who attended it was free burritos.

"These things are addictive," said the XO after trying different burritos. "Once people taste them they will be coming back for more."



Top left: Claudia Ochoa gives out free burrito samples during the ribbon cutting ceremony. Bottom, CDR Denison and MWR Director, Jack Lewis officially open the Burrito Stop. Above: Left to right, CSC (SW) Jose Lapid, CDR Daniel Denison and CMDCM Brian Bowman unanimously give the burritos two thumbs up.

The Burrito Stop will operate from 6 to 9 a.m. Monday through Friday. It is located across the Jetmart and offers bean, egg, sausage, chorizo, beef and machaca burritos. Other items include breakfast sandwiches, coffee, donuts and drinks. The burritos are made fresh everyday and according to Burrito Stop attendant, Claudia Ochoa, the machaca burritos, which are made of shredded beef and vegetables, sell out the quickest.

## Managing your anger

By Dr. L. L. Flowers

Family Advocacy Representative

Anger is an emotion that we all have from time to time. It is an emotion that can give us energy to take action. But, anger can easily lead to problems if we don't know how to appropriately channel the energy that it gives us. At its best, anger can help us to correct injustices and fix problems. At its worst, anger can destroy relationships, property, and even lives.

When we don't resolve the problems that lead to anger, bad feelings tend to linger. Our relationships to family, friends, and coworkers can easily suffer. Our job performance can be affected. Our health is even at greater risk.

So, what should you do when you become angry? First, it's important to find out what is

making you angry. Often, the causes for anger are obvious. But, sometimes the causes are more difficult to detect. If you are bothered with frequent feelings of anger, consider keeping an "anger log." Make a note of the times of the day when you were angry. Try to describe where you were, who was with you, and what was happening. Review the journal every few days. You might find some patterns or themes related to your anger. With these insights, you can consider some strategies for taking action.

It's often helpful to talk to someone you trust when you're having angry feelings. If you are having anger in the workplace, for example, a trusted coworker might share some ideas on ways he/she has dealt with the problem. Resources in the chain of command are also invaluable.

Friends, leaders in your faith community, counselors, and medical providers can also provide assistance to help you find solutions to problems that lead to anger.

Depending on the situation, it might be productive to talk to the individual who "makes

you angry." But don't immediately rush over to see the person when you are in the heat of anger. Do your best to calm down first. This might take just a few minutes. But, sometimes it's best to wait a few days. When you are in emotional control, plan what you are going to say. When you see the person, try to speak slowly and calmly. Allow the other person to speak without interrupting. This will make it more likely that a solution will be reached, rather than another flare up in tempers. If you "lose it" during the conversation, apologize for getting angry, try to regain your composure as quickly as possible, and try to continue the conversation.

Sometimes anger becomes deep and it is difficult to resolve. If you feel that you can't control your anger or that you might hurt someone or do something destructive, seek professional help immediately.

For further information or assistance, contact the Fleet and Family Support Office at 339-2241.





# CDR Hayes says good-bye

Photos By: LT David Rodriguez

By CDR Peter Hayes

First, I want to thank everyone for the very generous gift that I was given for my retirement. I will wear my new flight jacket with pride remembering the outstanding people that I have had the pleasure to be here with at NAF El Centro. In the words of LCDR Bob "Chaps" Church the people are truly the pearl of the desert. I have been helped both personally and professionally by many of you that are here now and others that have gone before you. I am truly indebted and will miss you.

It is with sadness that I leave NAF El Centro and the Navy, it is hard to believe that my tour at both is up. NAFEC and the Navy have been a very big part of my life and have truly given me many great experiences and memories. During my five years here at NAF El Centro, there have been many changes to the base, the one constant has been the people even though individuals have come and gone. Some wear military uniforms, some are civilian and others are contractors, what they have in common is they have made everything happen. You truly are the heart of NAFEC and get the job done and enable others to get the valuable training they need. During my 22 years of commissioned service and 4 years at the Naval Academy before that, I have seen even more changes in the Navy. I know the total Navy team, those of us serving in uniform, the civilians serving with us and the contractors supporting us, is the best it has ever been.

For me and my family, many of you have directly touched our lives and made it more enjoyable. I came to NAF El Centro on three year orders but had such a good tour that we extended for two



Top, CAPT Ziegler presented CDR Hayes with many awards including letters from President Bush and Florida Governor Jeb Bush. Above, Clara Parish presented CDR Hayes with a painting of his house on base. Right, CDR Hayes with wife Lori, son PJ and daughter Jessie before departing NAF.



years. It is hard to believe that five years, nearly a quarter of my Naval career, has gone by so quickly. It seems like only yesterday that I was driving up to the base, which looked very different then, trying to figure out where I was going to work. I am envious of those of you who are just now beginning your Navy and NAFEC adventure.

The Navy and NAFEC are what you make of them. The Navy has provided me with many opportunities that I would not have had anywhere else. While deployments are hard on family life, the camaraderie of being with our "Brothers in Blue" will always be the highlight of my career. The Navy has truly been

an adventure for me and enabled me to travel extensively throughout Europe, the Pacific, fly over the North Pole and even circle the world. The military is also one of the few careers that will train you based on your willingness to make a commitment and desire to do the job. I was fortunate enough to begin my Naval career on a ship and then start flight training. I had no experience as a pilot yet the Navy still taught me to fly, giving me a skill that I both enjoy and can earn a living at. I encourage each of you to take advantage of the opportunities that the Navy offers to make your life as rewarding as possible. Some of those opportunities will

be directly related to your career and others are opportunities to have fun.

There is a lot to do here in the Imperial Valley and the local community treats us very well. We will miss having a bowling alley, go-karts, water slides, swimming pool and playgrounds within walking distance of our house. It will be hard to find a place in civilian life that will offer as much as living here has given us.

More important than the facilities are the people. From the moment you enter the base, where our people are protecting the gate, it is apparent that we have a great team here. My entire family has been very well taken care of from the people working at MWR, CDC, swimming pool, bowling alley, Air Operations, Admin, the galley, housing, KBR trouble desk, Medical, and the list goes on. I have also been truly lucky to work with outstanding people, both in the Air Operations Department and as the Executive Officer. Rick, Kim, Martha, Michelle, Gary, Jerry, Travis, Stella, Jeff, Randy, John, Karen, Gabe, Mike, Mickey, Maria, Connie, Jose, "I can't thank you enough for everything that you've done for me and my family."

As I leave, I take with me great memories of the Navy and NAF El Centro. For me personally, I am leaving the Navy at the right time. After 22 years in the Navy, I have had a full career with many experiences that I am grateful for and it would be hard for me to find a tour that would be as rewarding as this one has been. I wish each of you as rewarding a career as I've had and hope that your time with the Navy, either as a service member or civilian, at NAFEC is as fulfilling as mine has been. Thanks for everything, your humble fellow NAFECer, Peter Hayes.



# NAF El Centro Family pays tribute to former President

By JO1 Carmichael Yepez  
Editor

On Tuesday June 8, three days after former President Ronald Reagan passed away, Ensign Paul Douvier from Strike Fighter, his wife Charlene and sons Harley, 8 and Dawson 4 got in their car and headed to Simi Valley to pay their respect to former President Ronald Reagan.

"It was a very memorable feeling," said Charlene as she described their experience at the funeral site. "We liked him very much. He was the Governor of California, when I was born and was President when Paul enlisted."

After the Douvier's left El Centro, they spent more than an hour just exiting off the freeway. Once they arrived at the designated parking area, they got in line where thousands of people had to wait for three hours to board a shuttle that would take them to the mourning site.

As they arrived at the end of the line, two men in black



suddenly approached them.

"We were scared," said Charlene. "We thought we had stepped out of bounds or done something wrong."

The two men were dressed in black suits; black sun glasses and communicated through microphones attached to their ears. They grabbed Ensign Douvier by the shoulder and spoke very softly into his ear.

"I got goose bumps at this moment, said Charlene. "But then I felt a great relief when they said, 'Sir, Military in uniform get head of the line privileges.' I felt proud at that moment. I felt proud that my husband was serving in the military and most of all, proud that my children could see this."



Photos Provided By: Charlene Douvier

Because Ensign Douvier was in uniform, he and his family did not have to wait in the three hour line to board a shuttle. They were escorted to the front of the line.

The Douvier's were then escorted to the head of the line and instead of waiting three hours it took them only a 15-minute wait.

Charlene described the atmosphere as somber and quiet.

"The only sound you could hear was from the buses," said Charlene. "The honor guard was amazing to watch, they were completely still and everyone was in tears; you knew you were in the

presence of greatness."

The Douvier's returned home later that evening knowing this was an experience they would never forget. When their children grow up and read about this in history they will know they were part of it. For Charlene, the experience even means more. She returned as a proud wife knowing her husband wears one of the greatest uniforms in the world.



By JO1 Carmichael Yepez  
Editor

If you would like to be part of a winning team, all you have to do, is join NAF El Centro's Swimming team, the Flying Fish. Last year they finished as the undefeated champions in the Imperial Valley.

This year they started training in May with 90 swimmers ranging in ages from 3 to 18-years-old. And according to Pool Manager Nikie Lopez, this year they plan

Photos By: JO1 Carmichael Yepez

to remain the undefeated champions again.

"We have a lot of new kids that don't know how to swim very well," said Lopez. "But they are eager to learn and their drive and dedication is just unbelievable."

Lopez stressed that the children learn more than the four swimming strokes; crawl, butterfly, breast and backstroke.

"It builds their self esteem, they learn to realize what they are capable of doing and it gives them an opportunity to travel and

compete with others."

"I have a lot of fun," said 9-year-old Isabella Callaway. "I joined the team because my brother was in it, but I like it because we learn a lot and get to make new friends."

Swim Coach, Brittany Hicks, says she is impressed with how fast the children on the team learn.

"They have a lot of dedication," said Hicks. "They try hard and work hard every day. This is how it all starts. After they learn how to swim it evolves into

competition, then life guarding, scholarships and much more."

If you are not part of the Flying Fish yet, there is still time to join.

For more information on how to join the Flying Fish or participate in other pool activities call 339-2582.



Top, Ogdon Douglas leaps out of the water while doing the butterfly stroke during swim practice. Above Swim Instructors Talia Suamatia and Brittany Hicks coach students on proper swimming techniques.





# NAF El Centro runners take on 26.2-mile 'Rock and Roll marathon'

By JO3 T.M. Cambell  
Navy Region

**SAN DIEGO (June 6, 2004)** — The "Heart of Rock 'n' Roll" kept a pulse-like cadence as thousands of Sailors and Marines put their pulse rate and physical stamina to the extreme test June 6, as they participated in the 7th Annual Suzuki Rock 'n' Roll Marathon in San Diego.

Wheelchair rollers rocked out to a 6:30 a.m. start followed by more than 20,000 runners, racing, not on empty — but like a "Band on the Run." The 6:45 a.m. start had runners doing a "Whole Lotta Shakin'", "Twistin'" and "Shoutin'" over the 26.2-mile course from Sixth and Laurel in Balboa Park, past 40 live bands, to a "Rock and Roll Hootchie Koo" finish-line festival at Marine Corps Recruit Depot (MCRD) San Diego.

The race is run to support the Leukemia and Lymphoma Society and the fight against cancer. In the seven years the unique marathon has run, more than \$80 million has been raised. This year the event raised \$12.5 million, the highest, so far, of any single year.

Elite men's runner, Joseph Ngolepus, 30, of Kenya, finished first in 2:11:04 while female elite runner Tatiana Titova, 28, of Russia, was the first woman to cross the finish line with a 2:29:36 time. Both elite runners split a purse of cash and prizes worth \$250,000. Each received \$10,000 in cash and two Suzuki vehicles, a Suzuki motorcycle, outboard motor and all-terrain vehicle.

Titova said her winning mark was not for time. "It was for my family, to make money."

This year's race also introduced a new division for



Photo By: LT David Rodriguez

Above, LCDR Richard Braunbeck, wife Kim and friend, Lori Hayes stride across the finish line as a team. Top right, Lt Pete Aparico crosses the finish line. Right Lori Hayes, Kim and LCDR Richard Braunbeck are glad they made it to the end.

military men and women.

"We are thankful for the thousands of military personnel that entered the race this year," said Audra Fleming, director of Public Relations for Elite Racing, the promoters of the race.

"Even my hair hurt, but it was worth every step of the way," said 61-year-old Byron Hunt from Public Works who made the run in 5:24:29. "It was a wonderful experience and a great challenge."

This is Hunt's fifth marathon and has already registered for next year's Suzuki Rock 'N' Roll Marathon.

"It's a great feeling," said Strike Fighter OIC, LCDR Richard Braunbeck, who crossed the finish line holding hands with wife, Kim and friend, Lori Hayes. "This is an experience that makes you look forward to achieving goals."

Their time was 5:05. This was Braunbeck's second marathon.

"It was fun up to the 13<sup>th</sup> mile," said LT Michael O'Beirne

from Public Works. "After that it was painful, but I kept reminding myself the only way to eat an elephant is one bite at a time. The same goes for a marathon, one step at a time. Finishing 26.2 miles is one of the most satisfying feelings. I learned that you could do anything you set your mind to."

LT O'Beirne finished at 5:11:08. "The feeling you get when you cross the finish line is priceless," said O'Beirne.

The runners danced down the musical-themed marathon course passing many San Diego highlights. They began their Rock 'n' Roll "Revolution" in Balboa Park. Some may have heard "Bungled in the Jungle" or "The Lion Sleeps Tonight" as they raced by the San Diego Zoo. Then, "Takin' it to the Streets," the participants raced through the downtown Gaslamp district. Runners continued rockin' down a "Highway to Hell" on 163 then felt a "Cool Change" with the Albatross and whales at Sea



Photos By: Action Sports International



World, before "A California Dreamin'" sprint by Mission and Ocean Beach and ending to a "We Will Rock You" finish at MCRD. Every mile of the course was packed with a blend of live bands like Come Back Buddy, Urban Evergreen, Starbaby and Joe Ruiz y Los Unidos Del Norte.

The 2004 version of the Suzuki Rock 'n' Roll Marathon may take a while to become a softening din in the ears and a fading pain to the feet of the participants. But to paraphrase the 1977 Bob Seger song and The Rolling Stones 1972 song, this year's runners will never forget the 2004 Rock 'n' Roll Marathon, and they liked it.

Other NAF El Centro runners were LCDR Nelson Wells, LT Pete Aparico and wife Melissa, LT Lynn Nakamura and husband Dan and Steve Vanzant from Public Works.



## Promotion

Training Chief David Conley was promoted to Battalion Chief on Thursday June 10. Conley has been a fire fighter at NAF El Centro for 18 years. His Son MA1 David Conley Jr., who was previously stationed here, pinned on the badge.



My first voting experience, how I survived those darn hanging chads

By MA1 (FMF) Jeffrey Stephens  
Security Department

On Saturday June 5, the United States lost its 40<sup>th</sup> president to Alzheimer's disease. This loss was significant to me, because the year 1980 was when Ronald Reagan took the presidency.

This represented the first year I was allowed to vote. I had just turned 20. Although, 18 had become the legally recognized age of majority (at least to vote that is), I was out of the loop at 18 because at that time Jimmy Carter was only in the middle of his 4-year presidential term. I was only 16 when he was elected to

office in 1976.

Now the whole process of voting (although still as important today as it was then) does not hold the same magic for me. The point I am trying to get across is that voting gives us one of those rare opportunities to participate in something on a grand scale. The term synergy applies here. Individually we are only parts of a potentially greater whole. Voting allows that whole or our votes to be recognized. Voting provides a real driving force for change! Therefore, if you want to make a difference and bring about change - VOTE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MWR now accepts credit cards at the following locations;</b> Mirage Club, Cyber Cafe, Bowling Alley, Auto Hobby Shop and Gear Issue.			<b>Gold Rush Bike Challenge</b> at Mountain Bike Fitness 10 a.m. to 12 p.m. Ext. 2480	<b>1</b> Flying Fish Meet in Brawley	<b>2</b> Family bowling every Friday night from 6 to 10 p.m. Story Hour at the Library at 11 a.m. "Independence Day"	<b>3</b> Cosmic Bowling every Saturday 6 to 10 p.m. Ext. 2575
<b>4</b> One Dollar Bowling at the Bowling Ctr. Ext. 2575 Movie Marathon at the Cyber Cafe	<b>5</b> Junior Life Guard Class Ext. 2627	<b>6</b> Karaoke Night @ the Mirage Club 8 p.m.	<b>7</b> Ladies Night @ the Mirage Club Ext. 2330	<b>8</b> National Hot Dog Month at the Cyber Cafe Ext. 2559		<b>10</b> Every Saturday Jr. Bowling 11 a.m. to 1 p.m. Ext. 2575 Junior League Bowling Competition 10 a.m. to 2 p.m. Ext. 2575
<b>11</b>	<b>12</b> Three of five Swim Lessons begins at small pool Life Guard Class Begins Call Ext. 2627 Navy League Dinner at the Mirage 5:30 p.m.	<b>13</b> Karaoke Night @ the Mirage Club 8 p.m. Flying Fish Meet NAF El Centro	<b>14</b> Ladies Night @ the Mirage Club Ext. 2330	<b>15</b> Dragon Fly Day at the Youth Center Open House Ext. 2644 Flying Fish Meet Holtville	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Junior Life Guard Class at small pool Ext. 2627	<b>20</b> Karaoke Night @ the Mirage Club 8 p.m. Flying Fish Meet Yuma	<b>21</b> Ladies Night @ the Mirage Club Ext. 2330 Sports Extravaganza at the Sports Ctr.	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Four of five Swim Lessons at small pool Call Ext. 2627	<b>27</b> Karaoke Night @ the Mirage Club 8 p.m.	<b>28</b> Ladies Night @ the Mirage Club Ext. 2330	<b>29</b>	<b>30</b> This Summer Come Chill-out With MWR	<b>31</b>

## Reenlistments



Congratulations to AO2 Emerald Quiver who reenlisted on Monday June 21 at Blue Angels Park. She reenlisted for six years and



received a reenlistment bonus of \$ 41,813.09. LTJG Curtis Haug was the reenlisting Officer.

On the same day, AC2 Paul Simmons reenlisted for 2 years during a reenlistment ceremony at operations. CDR Jeff Lamont was the reenlisting Officer.

